

Universitas Ngudi Waluyo
Program Studi Gizi
Fakultas Kesehatan
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Novianti Liah
NIM. 067241026

Hubungan Asupan Protein Dan Jumlah Balita Dalam Keluarga Dengan Kejadian Stunting Balita Di Desa Lubak Manis Puskesmas Malinau Seberang Kabupaten Malinau

ABSTRAK

Latar belakang: Stunting masih menjadi masalah kesehatan masyarakat di Indonesia, termasuk di Kabupaten Malinau, Kalimantan Utara. Faktor risiko stunting di antaranya adalah rendahnya asupan protein dan jumlah balita yang banyak dalam keluarga.

Tujuan: Untuk Mengetahui hubungan asupan protein dan jumlah balita dalam keluarga dengan kejadian stunting pada balita di Desa Lubak Manis.

Metode: Penelitian kuantitatif dengan desain cross-sectional. Sampel sebanyak 50 balita dipilih dengan teknik purposive sampling. Asupan protein diukur menggunakan Food Frequency Questionnaire (FFQ), sedangkan status gizi diukur dengan indeks TB/U. Analisis data menggunakan uji Kendall's Tau dengan tingkat signifikansi $p < 0,05$.

Hasil: Hasil dari penelitian ini menunjukkan sebanyak 58,3% balita memiliki asupan protein yang cukup, sedangkan 41,7% kurang. Sebagian besar balita (61,1%) berstatus gizi normal, sementara sisanya tergolong pendek (27,8%) dan sangat pendek (11,1%). Terdapat hubungan yang signifikan antara asupan protein dengan status gizi balita ($p = 0,00$), serta antara jumlah balita dalam keluarga dengan status gizi balita ($p = 0,03$).

Kesimpulan : Sebagian besar balita kekurangan asupan protein dengan status gizi didominasi stunting, serta terdapat hubungan signifikan antara jumlah balita dan asupan protein dengan risiko stunting.

Kata kunci: *Asupan protein, jumlah balita, status gizi, stunting*

Ngudi Waluyo University
Nutrition Study Program
Faculty of Health Sciences
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Novianti Liah
Student ID: 067241026

The Relationship Between Protein Intake and the Number of Toddlers in the Family with the Incidence of Toddler Stunting in Lubak Manis Village, Malinau Seberang Health Center, Malinau Regency

ABSTRACT

Background: Stunting remains a public health problem in Indonesia, including in Malinau Regency, North Kalimantan. Risk factors for stunting include inadequate protein intake and a large number of children under five in the family.

Objective: To determine the relationship between protein intake and the number of under-five children in the family with stunting incidence in Lubak Manis Village.

Methods: This quantitative research employed a cross-sectional design. A total of 50 under-five children were selected using purposive sampling. Protein intake was measured using a Food Frequency Questionnaire (FFQ), while nutritional status was assessed using the height-for-age index. Data analysis was conducted using Kendall's Tau test with a significance level of $p < 0.05$.

Results: The results of this study showed that 58.3% of children under five had adequate protein intake, while 41.7% were deficient. Most toddlers (61.1%) had normal nutritional status, while the remainder were classified as stunted (27.8%) and severely stunted (11.1%). There was a significant relationship between protein intake and toddler nutritional status ($p = 0.00$), as well as between the number of toddlers in the family and their nutritional status ($p = 0.03$).

Conclusion: Most toddlers had insufficient protein intake, with stunting predominating in their nutritional status. There was a significant relationship between the number of toddlers and protein intake and the risk of stunting.

Keywords: Protein intake, number of toddlers, nutritional status, stunting